



SENIOR CITIZENS MENU AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Savory Meatloaf Macaroni and Cheese Seasoned Green Beans Tropical Fruit Dinner Roll	3 Oven Baked Chicken Breast Au Gratin Potatoes Green Peas Apple Jubilee Whole Wheat Bread	4 Sausage on a Stick/Mustard Cooked Cabbage Sliced Carrots Pineapple Chunks Whole Wheat Bread	5 Beef Tips with Tomatoes over Egg Noodles Yellow squash Lime Gelatin Cake Whole Wheat Bread	6 Chicken Fried Steak with Cream Gravy Whipped Potatoes Cucumber, Tomato, Onion Salad Lime Sherbet Dinner Roll
9 Swiss Steak Buttered Hominy Green Beans Sugar Cookies Dinner Roll	10 Parmesan Baked Chicken Macaroni and Tomatoes Brussel Sprouts Fruit Cocktail Whole wheat Bread	11 Tuna Salad on Croissant Pickle Spear, Fresh Strawberries Potato Chips Grape Juice Lemon Cake	12 Idaho Taco with Taco Meat Cheese, Sour Cream, Salsa Chilled Sliced Peaches Cherry Jubilee Cookies	13 Spaghetti with Meat Sauce Zucchini Squash Chilled Juice Diced Pears Garlic Bread
16 Swedish Meatballs served over White Rice California Vegetables Tropical Fruit salad Dinner Roll	17 Hamburger on a Bun with Lettuce, Tomato, Onion, Pickles French Fried Potatoes Ketchup, Mustard, Mayonnaise Orange Gelatin Cake	18 Fried Fish with Tartar Sauce Baked Beans Creamy Coleslaw Sliced Peaches Whole Wheat Bread	19 Chicken Salad with Leaf Lettuce, Sliced Pineapple Tomato Wedges Saltine Crackers Buttermilk Pie	20 BBQ Sausage Au Gratin Potatoes Green Beans Mandarin Oranges Whole Wheat Bread
23 Chicken Strips with Cream Gravy Whipped Potatoes Green peas Oreo Pudding Dinner Roll	24 Barbecued Rib on a Bun with Onion, Pickle Spear Pinto Beans Coleslaw Diced Pears	25 Chicken Cacciatore served over Egg Noodles Sliced Carrots Chilled Juice Lime Whip Garlic Bread	26 Birthday's Pepper Steak Mixed Vegetables Chilled Potato Salad Carrot Cake Whole Wheat Bread	27 Mexican Casserole Salsa, Sour Cream White Hominy Pineapple Chunks Vanilla Ice Cream
30 Sliced Ham Steamed Corn Seasoned Green Beans Cinnamon Applesauce Dinner Roll	31 Salisbury Steak in Onion Gravy Whole New Potatoes Sliced Peaches Peanut Butter Squares Whole wheat Bread			

ROSE PARK SENOR CENTER
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.

COBB, G.V. DANIELS, SEARS
LUNCH SERVED 11:30 A.M. TO 12:15 P.M.

MENUS SUBJECT TO CHANGE WITHOUT NOTICE